

# Let's Talk!

Family Planning Hotline  
1-800-770-4334

Emergency Contraception Hotline  
1-888-NOT-2-LATE  
**(1-888-668-2528)**

**Department of Social and Health Services**  
Medical Assistance Administration  
DSHS 22-400(X) (Rev. 11/02)

## **Why Family Planning is important to you**

- Helps you decide if or when to have children
- Helps you take charge of your own life
- Promotes better health for you and your children

## **Use your DSHS Medical ID card to get**

- Prescription birth control methods:
  - Birth control pills
  - *New contraceptive patch*
  - *New contraceptive ring*
  - Emergency contraception
  - Diaphragm or cervical cap
  - IUD including Mirena
  - Lunelle or Depo shot
- Annual exam
- Over-the-counter contraceptives without a prescription at a pharmacy:
  - Male and female condoms
  - Spermicides (contraceptive gel, cream, jelly, foam, and suppositories)
- Vaginal contraceptive film at a family planning clinic
- Sterilization for men or women

You can get family planning services at a family planning clinic, health department, pharmacy, or doctor's office.